

DISCIPLINE

Distract

Ignore

Structure the environment

Control

Involve the child in choices and consequences

Planned time for loving/nurturing

Letting go

Increased consistency

Notice positive behavior

Exclude (time out only when necessary)

ALTERNATIVE TO PUNISHMENT

- recommend incompatible behavior
- planned ignoring
- reinforce acceptable behavior

3 TYPES OF REINFORCERS

- tangible: ex. extra play time
- social: ex. sit by someone you like at lunch
- self: try something new

ADVICE ON IGNORING

- Don't ignore dangerous behavior
- Don't ignore breaking of explicit rules